



## Congratulations!

By Suzette Hartmann

Cindy Batalis, a fitness and health teacher at Discovery Middle School in Granger, Indiana, is the recipient of the 2000 Golden Apple Nutrition Education Award. This award is sponsored by our division and recognizes an Indiana teacher who uses innovative ideas to teach nutrition in the classroom. Her unit, *Nutrition Works!*, offers students a variety of hands-on activities. The topics deal with appropriate serving sizes, eating disorders, and how to read and understand food labels. Cindy received \$400 from the Indiana Dietetic Association, \$100 from the Indiana Nutrition Council, and a \$100 voucher from the Dairy and Nutrition Council, Inc. for classroom materials. The award was presented at the Hoosier Association of Science Teachers, Inc., convention on February 11, 2000, in Indianapolis.

## Record Retention for Schools on Provision 2 & 3

By Julie Sutton

School Food Authorities are required by regulations to retain records for three years after the submission of the final Claim for Reimbursement for the fiscal year to which they pertain. For schools on Provision 2 or Provision 3 they must retain some of their base year records beyond the 3-year period. This includes base year documentation of participation data, approved/denied free and reduced-price applications, direct certification data and verification records. In addition, enrollment data for the base year must be retained for schools under Provision 3.

Such records must be retained during the period the Provision is in effect, including all extensions. In addition, such records must be retained for 3 fiscal years after the submission of the last Claim for Reimbursement of the final fiscal year which employed base year data. For a Provision 2 or 3 school, base year data must be retained for 7 years, and longer if extensions are granted.

For non-base years, records must be retained for 3 years after submission of the final Claim for Reimbursement for the fiscal year to which they pertain. Non-base year records for SFAs of schools under Provision 2 must include records of total daily meal counts of reimbursable meals, edit checks, and on-site review documentation. Non-base year records for schools under Provision 3 must include records of on-site review documentation and annual enrollment data which was used to adjust the level of assistance.

If you have any further questions please contact Julie Sutton or Jill Haller at (800) 537-1142.

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## Celebrate Nutrition

*By Julie Sutton*

I was delighted to be able to attend a Team Nutrition event held at Abraham Lincoln Elementary School in the M.S.D. of Perry Township (Marion County). Barbara Hollen, the Food Service Manager, hosted a tasting party. The fourth grade students were given an opportunity to sample several unfamiliar foods and learn about nutrition.

Barbara and one of her staff wore milk carton costumes and talked about the importance of milk and calcium in the diet. The students played a food pyramid game and answered questions about nutrition for prizes. The prizes included free meals in the cafeteria.

Some of the foods we tried included fruit kabobs with kiwi, pineapple, and strawberries, raw turnip slices and dip, yogurt, taco casserole, sweet and sour meatballs, tuna salad, cucumbers and dip, and grapefruit sections. Some of the items were possible future menu items, others were offered just to give the students a new taste experience.

If your school is planning a nutrition related event, please contact our office so that we may participate and share your ideas with other schools across Indiana. Contact Julie Sutton or Suzette Hartmann at (800) 537-1142.



## Foods in Fashion

*By Angel Barnes and Dana Haislip  
Senior Dietetic Students at Marian College  
(Beth Foland, preceptor)*

Are you serving students their favorite foods, or are you rolling out “fashionable food?” If you’re up to date with food trends, you’re likely doing both. Foodservice professionals recently identified certain trends at AFSFA’s 1999 National Leadership Conference. The conference attendees were aware of food trends; however, they clearly understood that students determine which trends will make it in school cafeterias. As we spoke with foodservice staff from different regions in Indiana, we found that food trends develop because of student demand. Hopefully, this article will inspire you to create an atmosphere of “Foods in Fashion” for a student population that is becoming more diverse and multi-cultural.

Current student attitudes and expectations toward food and foodservice have already set the stage for food trends. Variety and choice are among these trends. School children, when given choices and variety, will actually eat what they select. Jody Kramer, manager at Mount Tabor Elementary School in New Albany, began a “Build Your Meal” lunch service several years ago. “Build Your Meal” gives children the opportunity to choose one of three entrees, and two of three fruits and vegetables. According to Kramer, “this allows the children to choose what looks and smells the best to them at lunchtime.”

Another trend relates to the foods that adults recognize as traditional. These “old” foods are becoming “new” again. Children are getting into soup and sandwich combinations. Other traditional comfort foods such as chicken fried steak, macaroni and cheese, and rice and beans are being readily accepted. Cathy Gilbert, RD, and Twyla Hunter, RD, incorporate traditional items at Fort Wayne Community Schools. Beef and noodles, and mashed potatoes with gravy, are popular traditional foods. These items and casseroles are served on the lunch menu regularly.

While there is no sure way to predict the future, today’s food attitudes will likely affect tomorrow’s school menus. Don’t be surprised if the next big food trend comes from an overlooked source. Think about this: sushi (raw fish)—although prepared with cooked fish—made it onto the menu at Jane Lathrop Middle School in Palo Alto, California, in 1999!

Source: *School Foodservice & Nutrition*, September 1999

## Food Buying Guide

*By Diane Rice*

USDA is revising this guide, but until the new one is complete, the 1984 version is to be used. Interested parties may comment on the draft food yield data for the revision. It is posted on the Healthy School Meals Resource System web site (<http://schoolmeals.nal.usda.gov:8001>) in the “What’s New” section. All comments are due no later than April 15, 2000. Instructions are on the web site.

## Managing and Marketing?

*By Diane Rice*

Both topics will be offered again this June at Ball State University. **Managing with Confidence** is intended for single unit managers and directors to help them develop leadership styles while improving staff communication and problem-solving. This year’s workshop will be held on June 14 and 15 in Muncie and on August 7 and 8 in Portage.

On June 27 and 28, **Marketing with Confidence** will be available in Muncie. Participants will learn more about how to promote school food service within their community. Ideas for decorating, menu planning or advertising while also improving participation, acceptance, and encouraging proper nutrition will be topics of discussion. Brochures will be mailed to all Food Service Directors in April. For more detailed information, please contact Diane Rice at (800) 537-1142 or (317) 232-0850.

## Food Safety Awareness

By Angel Barnes and Dana Haislip  
Senior Dietetic Students at Marian College  
Beth Foland (Preceptor)

Serving food safely has always been a high priority for foodservice professionals, but historically has not been an item of great public interest. However, today food safety is a presidential priority and may even be featured in national news broadcasts.

Messages about food safety have spread from behind kitchen counters, into cafeterias and classrooms. Students are much more aware of cross contamination, and hand washing techniques. Raina Sisson, Field Consultant for The Division of School and Community Nutrition Programs, has noticed changes during her visits to schools in northeastern Indiana. "I see students being more concerned with sanitation at the food bars. They really pay attention to how utensils are being used so food is not contaminated."

With increased media and education, many new resources have been developed to increase awareness of food safety. Two videos and a pocket card were recently created to help in this effort. The videos *Managing Food Safety: The Next Step, Part 1 and Part 2* and *Food Quality: Making The Grade In Child Nutrition* are available for purchase from the National Food Service Management Institute (NFSMI). Please visit the NFSMI website at <http://www.nfsmi.org/htm>. NFSMI may also be reached by phone at 1-800-321-3054. If you would like to borrow these videos from the Division, please contact Diane Rice at 1-800-537-1142.

Fight BAC sanitation pocket cards, which may be viewed on the Fight BAC website at: <http://www.fightbac.org/html> will be available in the near future. These colorful 7 1/2 x 4 inch laminated cards, focus on four key messages: Clean, Separate, Cook, and Chill. For general sanitation and safety resources which are available through the Division, please visit the SCNP website at [http://www.doe.state.in.us/food/training\\_links.html](http://www.doe.state.in.us/food/training_links.html). The Lending Library forms may be found on page 21 of this PDF file.

## Direct Certification

By John Todd

**For further information, visit our web site at :  
[http://doe.state.in.us/food/financial\\_dircert.html](http://doe.state.in.us/food/financial_dircert.html)**

Direct Certification is a technique that allows a school corporation to offer free lunch benefits to selected children based on identifying them as receiving Food Stamp or TANF benefits. It varies from the categorical eligibility offered by traditional paper applications in that once the child is identified no application is necessary. When properly used, it may reduce administrative time approving applications in the fall. Please note that although this process does not replace applications, through early identification of some children, the number of applications that are eventually processed by your school can be reduced by almost fifty percent.

The process starts in late June or early July of each year. Schools participate by sending the Division a datafile (by diskette or internet) containing information, *in the required format*, on all students who are expected to enroll in the fall. This file is processed by the Division, matching enrolled students against the state's list of Food Stamp and TANF recipients. Names of identified students are mailed back to participating schools on diskette. The School Food Authority then sends a letter to the parents offering the free lunch benefit to the identified students without the need of further application.

If your school already has a student enrollment database that contains information on all currently enrolled students, you have the most important item needed to participate. Go to the web address listed above for a complete description of the process, including file formats for submitting data. Additional information will be sent out during the next month describing the process in detail. We are happy to discuss aspects of the program with interested administrators or computer support staff. If you have questions regarding the Direct Certification process or accessing the web site, please contact John Todd at (800) 537-1142 or (317) 232-0850.

## Food & Fitness Health for a Lifetime

By Beth Foland

March is National Nutrition Month and a perfect time to promote *Food & Fitness* in your cafeteria. Students need to recognize that **both** exercise and healthy eating habits contribute to a lifetime of health. Here are some ideas to consider:

- Create a poster or table tent using visual displays of children participating in physical activities. Surround the displays with images of different food items from the Food Guide Pyramid.
- Approach the Physical Education teacher to create a game which allows the students to learn nutrition concepts during the time they spend in physical education. Start with a simple relay like this:

A student begins a relay with a bag of food that is unknown to them. Instruct them to run a distance to where an outline of the Food Guide Pyramid has been created on the floor. The student then opens the bag and separates its contents into the appropriate category in the pyramid outline. When no food is left in the bag, the next student is handed a new bag of food, and the process is repeated.

- Hold a "Food: Fact or Fiction" contest. Use these questions and add some of your own.

Fact or Fiction: Fresh vegetables and fruits contain more nutrients than canned or frozen. (Fiction: There is little difference, depending on how produce is handled. Canned and frozen produce is generally processed at their peak and may contain more nutrients than fresh produce. However, canned or frozen produce may have added sugar or salt, which is something to consider when purchasing these items.)

Fact or Fiction: Your stomach shrinks when you eat less. (Fiction: Your stomach expands to handle large amounts of food. As the food moves through your digestive system, your stomach returns to its normal size and stays there until your next meal.)

Fact or Fiction: Brown bread has more fiber than white bread. (Fiction: The brown color does not mean the bread has more fiber. Ingredients such as caramel col-

oring create the brown color. The bread's ingredient list will identify if it contains whole wheat or other whole grains. If it does, then it probably has more fiber. Check the Nutrition Facts label for the number of grams of fiber per serving.)

- Send home a recipe especially for kids to prepare themselves. Try this for fun.

### Wafflewiches (For one serving)

#### Ingredients:

2 4-inch round or square frozen waffles  
3-4 Tbs. Peanut butter  
½ sliced banana (coin shape)

#### Directions:

1. Toast waffle until warm.
2. Spread peanut butter on both waffles
3. Arrange banana coins on top of peanut butter
4. Put waffles together to make a sandwich

Celebrate National Nutrition Month by adding exercise to your menu each day!

## Cost Control Seminar

By Diane Rice

Mark May 10 & 11, 2000 on your calendar for an excellent educational opportunity. The Cost Control Seminar has been very popular nationally for several years. The author of the manual has agreed to present this workshop especially for Indiana school foodservice personnel. The seminar is highly recommended for all Food Service Directors. The staff training objectives of this course include:

- Monitoring and controlling food and labor cost.
- Planning and forecasting for effective labor cost control.
- Cost recipes and menus to ensure lower food costs.
- Understand relationship between income and expense.
- Know how to use a break-even point to control cost.

The State Agency will be absorbing most of the seminar cost; therefore, participants will have a greatly reduced fee. You won't want to miss this opportunity. Plan now to attend. If there are questions, please contact Diane Rice at (800) 537-1142 toll free or locally at 232-0850.

## SFNS Credentialing

By Diane Rice

This subject was discussed in the last issue and several people expressed interest in taking the exam. So, mark **Friday, June 9, 2000** as the date for taking the credentialing exam at **Ben Davis Jr High School in Wayne Twp., Indianapolis** from 8:00 a.m. until noon. The school is located on the West side of Indianapolis at 1155 South High School Road. If you would like to take the exam, an application along with a copy of your diploma or transcript and the exam fee (\$95 for members or \$170 for non-members) must be submitted to ASFSA by **May 5, 2000**. A Credentialing Exam Handbook, which includes the application and details on how to study for the exam, is available from Jolene Knoll at 800-877-8822, x147. The information may also be downloaded from the ASFSA web site at [www.asfsa.org](http://www.asfsa.org). There will also be a few booklets available at the Indiana School Food Service Association state conference in March.

While the ASFSA certification program is still a viable option for promoting professional development in all levels of school food service employees, some may be interested in this alternative to certification. The credentialing program will give you the right to have the initials (SFNS) after your name. Credentials give meaning to your professional training and abilities. To be eligible, you must document the following minimums:

- An Associate's degree (or equivalent from an accredited school of culinary arts)
- One year of experience in school foodservice and nutrition during the past five years
- Thirty semester hours of specialized training or three years work experience in school foodservice

Once you meet these criteria, apply to take the exam which assesses your competency against established standards. Individuals meeting the above eligibility requirements and passing the exam are awarded the designation - School Foodservice & Nutrition Specialist (SFNS). The exam covers eight knowledge areas: Nutrition and Menu Planning, Food Production, Marketing of Nutrition Programs, Safety & Sanitation, Operations/General Management, Facilities Management, Personnel Management, and Financial Management. Four hours are allowed to take the exam. A new test preparation study guide is available from the ASFSA Emporium.

## Calendar of Events

March 6-10	School Breakfast Week
March 9	Nutrition Seminar, Indiana Convention Center
March 10-11	ISFSA State Conference, Indiana Convention Center
March 25-29	ACDA Annual Conference, Columbus Ohio
April 12	NFSMI Satellite Seminar on Standardized Recipes
April 11-26	ISFSA Regional Workshops, 8 locations, statewide
April 15	Deadline for comments on new Food Buying Guide food yield data
May 1-5	Child Nutrition Employees Week
May 5	Deadline for Credentialing Exam
May 10-11	Cost Control Seminar, Indianapolis
June 9	Credentialing Exam, Indianapolis
June 14-15	Managing with Confidence workshop, Ball State University
June 27-28	Marketing with Confidence workshop, Ball State University
July 15-19	ASFSA Annual National Conference, St Louis, MO
August 1-11	Back-To-School Workshops, 8 locations statewide

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